

My Kindness Advent Plan

Learning objective: To understand the importance of kindness and plan a series of thoughtful actions to help others in our community during the festive season.

Follow the prompts below to create your own Kindness Advent calendar. Think about how your small actions can make a big difference to your friends, family, and neighbours. Use the word bank to help your writing flow.

Kindness is like a ripple in a pond; one small, positive action can spread outwards to touch the lives of many people.

Word bank: furthermore · consequently · in addition · thoughtful · considerate · community · generosity · impact · specifically · nevertheless

1. What does 'kindness' mean to you and why is it important to show it to others? Start your answer with: Kindness is a powerful tool because... (2 marks)

2. Describe your first act of kindness for your Advent calendar. Who will it be for and how will they feel? Start your answer with: For the first day, I have decided to... (2 marks)

3. Explain a 'low-cost' act of kindness you could do for a neighbour or friend that doesn't involve spending money. Start your answer with: An act of kindness that costs nothing but time is... (2 marks)

4. How can you ensure your kindness is sustainable? What will you do if you feel too busy? Start your answer with: To remain kind even when I am busy, I will... (2 marks)

5. Reflect on how helping others makes you feel personally. Start your answer with: When I help others, I feel a sense of... (2 marks)

Extension challenge: Design a physical 'Kindness Advent' tracker for your classroom wall. Include 24 small envelopes, each containing a handwritten 'kindness mission' for a classmate to complete.